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meditation news is published quarterly by WCCM in the UK. Contributions are warmly welcomed.

Please send articles for the next issue to:

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and events to:

events@wccm.uk

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Space is limited and if the item exceeds 700 words please contact us in advance.

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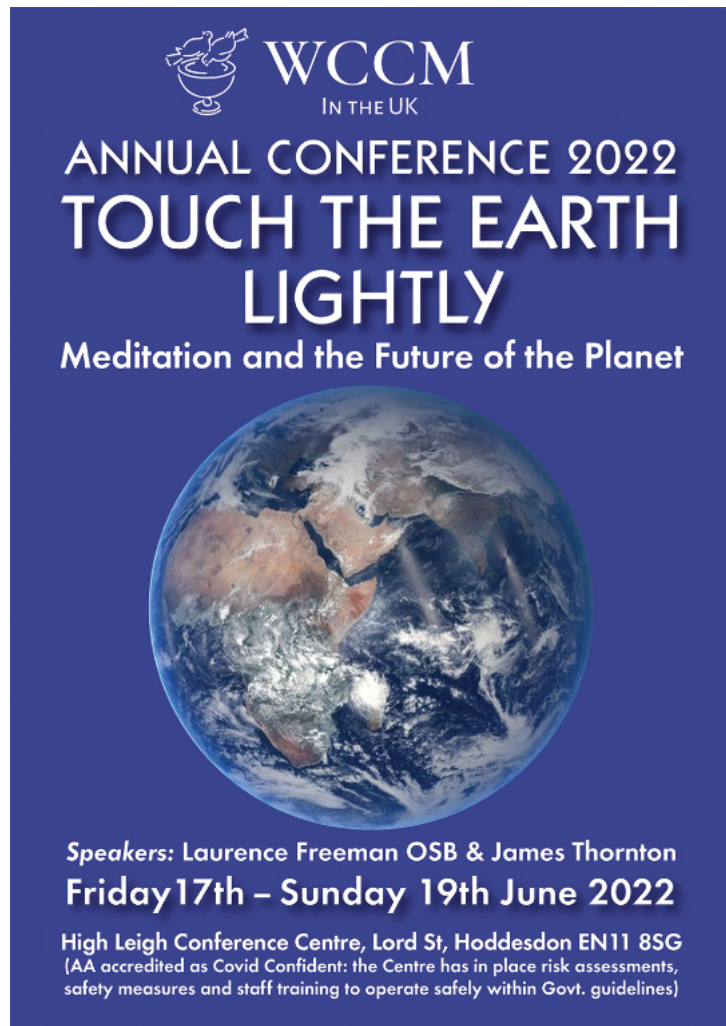
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 **020 8280 2283**




WCCM
 IN THE UK

ANNUAL CONFERENCE 2022
TOUCH THE EARTH
LIGHTLY
 Meditation and the Future of the Planet

Speakers: Laurence Freeman OSB & James Thornton
Friday 17th – Sunday 19th June 2022

High Leigh Conference Centre, Lord St, Hoddesdon EN11 8SG
(AA accredited as Covid Confident: the Centre has in place risk assessments, safety measures and staff training to operate safely within Govt. guidelines)

We are finally meeting together!
UK Conference 2022

Friday 17th June to Sunday 19th June

What an extraordinary two years! Many of us have discovered a new online space where we can be together, sharing in a very fruitful way, but it is not the same as being together in a physical place. We have a basic need for physical connection.

We are confident that we can offer a safe physical place for the weekend UK Conference on Friday 17th June to Sunday 19th June at Hoddesdon, Hertfordshire. You will have received the flyer with this newsletter or it can be accessed via our website. The flyer provides all the information you need to be reassured of your well-being. CCT is the well-established Christian Conference Trust that is catering for large groups in a COVID safe environ-

ment. You can now book for the Conference in confidence.

You will see from the flyer, it offers us all a time to be together, to listen to the wisdom words of our own spiritual leader, Father Laurence Freeman OSB, and to hear from James Thornton, whose work as an eco-lawyer, has founded Client Earth, a global charity.

We will be offering a range of workshops during the Conference and an opportunity to catch up with one another after a long time apart.

We look forward to this physical step towards a lighter future.

Janet Robbins
On behalf of the UK Conference planning team

Holding the Light!

A message from Julie Roberts, our new WCCM in the UK National Coordinator

Since I first discovered the WCCM in 2003 I have made many friends in the community through local meetings, conferences, workshops and retreats. For those who don't know me, I moved to Somerset with husband John in 2010 to build an eco house just outside Glastonbury, having been self-employed for many years working as a life coach and spiritual companion.

I had been asked previously if I would like to consider accepting the role of National Coordinator but always said that the time wasn't right and it probably wasn't. However, the challenges of the last year or so have prompted many of us to re-evaluate, to think about our priorities, how we are spending our time and what we could offer that might make a difference.

Over the years since stumbling across meditation in the Christian tradition it has become the cornerstone of my daily life and it is a priority for me. And while I can think of multiple ways to spend my time, sharing the gift of meditation seems like time very well spent. Indeed, the practice has been a great help during the pandemic which has challenged us all with concepts familiar to meditators; liv-

ing with unknowing, letting go and the value of community. I hope I can make a difference and that seems much more likely knowing that I am offering to serve the community having learned another lesson from our practice - I am as I am, come with what I can offer, and that that is enough. There is plenty of work to be done and you can read about some of the ideas that will be taken forward to strengthen our community and enable us to adapt to these fast changing times in the report of the National Council meeting on page 3.



With all that in mind, I feel very honoured and indeed it is a privilege to accept the role of National Coordinator and to represent the UK community. We are living through a time of great change and I believe that sharing the gift of meditation while supporting each other we can make a difference. At the National Council (see photo) I was presented with a symbol which represents holding the light for the community and I will do my best on behalf of you all.

JULIE ROBERTS HOLDING THE LIGHT

Julie Roberts

COORDINATORS PAST & PRESENT:

ROZ STOCKLEY, ROGER LAYET, JULIE ROBERTS, JANET ROBBINS



WCCM
IN THE UK

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wccm.uk/donate

You can also send cheques to:

WCCM in the UK

Lido Centre, 63 Mattock Lane, London, W13 9LA

Please include your name, address and email and make cheques payable to: **WCCM in the UK**

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If you are a UK taxpayer you can Gift Aid your donation, which increases the amount we receive at no extra cost to you. Information about Gift Aid and a declaration form is available online or from the office.



WCCM
IN THE UK

Meditation News

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National Council 2021

It was great to be able to meet in person at Swanwick in Derbyshire for our annual national council meeting held over the 5/7 November weekend. The meeting is attended by those with UK leadership roles which includes the Action Group, Regional and Special Interest Coordinators. It provides an opportunity to come together to share ideas and to draw out some priorities for the year ahead.

After the Friday evening introductions Roz Stockley gave an update on our progress against last year's priorities. Our first priority was to support the needs of the UK community which like all communities was trying to respond to the effects of Covid. It provided the prompt to start monthly coordinators meetings on Zoom and we also improved the lines of communication from the office, both initiatives which have proven really fruitful. Our second priority was outreach to those from different backgrounds, which we intended to do by holding a Summer Retreat for families and young people but sadly this was postponed. Financial support continued for Terry Doyle's project working with people on the margins but again events were postponed. Our third priority was to develop our relationship with Meditatio, including making best use of their resources. To this end, we are fortunate that Diana Ohlson has now become the Meditatio liaison on the Action Group, enabling a greater participation and sharing of knowledge, ideas and activities – for example in connection with COP26.

On Saturday we again focused on how we can support our Regional and Special Interest Coordinators. Information from the UK office and regional reports about the impact of the pandemic had been analysed and the key points were:

- ◆ While the database showed about 400 groups, only two thirds of them had a Regional Coordinator
- ◆ About half of our groups kept going online or meditated together in spirit during the lockdown and about 80% had started meeting in person again.
- ◆ There were lots of positives ranging from 'the emergence of online groups which attracted greater numbers' to 'the trigger to make the effort to keep in touch' to 'the abundance of online offerings from Bonnevaux' and 'having time to evaluate life'.
- ◆ Many challenges had not changed, such as ageing leaders and participants and finding new group leaders, but others were new, such as reluctance to engage with online offerings.

It was noted that we already have a lot of support in place and we broke into groups to discuss two questions:

1. What is needed to re-energise, reconnect and revitalise your region or Special Interest area?
2. What additional support do we need?

In the afternoon we continued our discussions considering how we can:

3. Convey the importance of physical group meetings?
4. Promote introductory courses?
5. Make contact with young people?
6. Encourage attendance at Essential Teaching weekends?



During the day there were a series of presentations covering upcoming events, including the UK community retreat, the proposed pilgrimage to Bonnevaux and the 2022 summer retreat. There was information about insurance for events and information on the importance of safeguarding training. Also a new resource *Just Turn Up! the meditator's companion, a practical guide* by Julie Roberts was launched (see page 8 for an introduction and further details.)

As the National Council weekend coincided with COP26 it seemed most fitting to allocate some time to think about the climate emergency and the natural world. Roger Layet gave an excellent talk about the climate emergency and why Christianity has not always been helpful, and ways in which meditation may help us respond. This was followed by an update from Diana Ohlson on the WCCM and COP26 and Fr Laurence's visit to Glasgow.

Following our very productive and interesting day on Saturday, the Sunday was a day for handovers, hearing about new roles from Joanne Caine (School of Meditation) and Diana Ohlson (Meditatio Liaison) plus an update from the Trustees.

The priorities for the coming year were finalised as:

1. Find ways of supporting groups in areas where there is no Regional Coordinator.
2. Support and empower Regional Coordinators to reach out to people from different backgrounds and contexts beyond our usual circles.
3. Review structures and communications to reflect both the increase of online groups and changes due to Covid.
4. To work more closely with Meditatio and the Oblate community.

The meeting concluded with a celebration of the Eucharist at which I was formally welcomed as the new National Coordinator (see facing page) and we all set off on our journeys home with much to ponder.

NOTE The 2022 National Council will be held online on 11/12 November.

Julie Roberts.

Summer Retreat - Shallowford House, Stone, Staffordshire 25-29 July

We are planning a retreat with a difference! People of all ages are invited including families, young people and older!

So why are we doing this? Because as a community we may be missing opportunities to engage with people of a wider range of ages. We have a busy calendar of retreats and key events such as the national conference, but they are mainly suited to people of a certain age and not really opportunities for families or young people to get together and share in our tradition. And yet we know from our experience of introducing and facilitating meditation in schools that many children and their families as well as their teachers enjoy the benefits of meditation, so could we as a community be more open to support their further growth and learn from their experience too? Similarly with young people, there are regular meetings and events specifically for them but there are not many, if any, opportunities to welcome them into the wider UK community.

The idea of a national summer retreat open to all ages is a response to these questions and the first will be held in July at Shallowford House in Staffordshire. The timing is the last week of July which we hope will catch people at the end of the academic year and ready for a rest and it is over four days which we hope will give people the opportunity to build community together and to relax and have some fun too, so we are planning a holiday retreat!

The programme we are developing will be based around three periods of meditation and reflection in the day and will include workshops in music and the arts that people can take part in as well as games and activities for younger ages. Shallowford is surrounded by beautiful meadows

and woodlands providing not only lovely spaces to walk but also opportunities to explore and engage more fully with the local environment.

We hope everyone who comes will experience the joy of living together in community. The programme will provide an introduction to the Christian meditation tradition as taught by John Main for beginners as well as an opportunity for those more experienced to deepen their meditation practice and learn from each other. We have invited two folk singers from Northern Ireland to join us, so there will be singing and dancing as well as the opportunity to relax, reflect and enjoy the lovely surroundings of Shallowford House quietly.

We are taking a small step but the trustees of WCCM in the UK are backing our idea as a pilot and have generously agreed to support the retreat from the Eileen Cox legacy fund which has enabled us to keep costs down.

Are you ready for a mindset change? Can you help us make our community more inclusive? If you would like to join us or help us in some way to get this project running, please get in touch, we would welcome your ideas and support. Registration is now open but don't leave it too late as places are limited!

For further information please contact: Jon Kille (mobile: 07912 026014 email: jon.kille@btopenworld.com)



WCCM STAFFORDSHIRE, SHROPSHIRE AND
HEREFORDSHIRE

Summer Retreat July 2022

Shallowford House, Staffordshire
25th July - 29th July 2022

We are planning a retreat with a difference!
People of all ages are invited including families,
young people and old.

The holiday retreat is based on silent meditation and includes workshops in music and the arts as well as games and activities for younger people.

An opportunity to relax, reflect and enjoy the lovely surroundings of Shallowford House, Staffordshire.

If you would like to register your interest in joining us at Shallowford House, if you have skills to offer or would like to help in some way please contact Jon Kille:

Tel.: 01952253648

Mobile: 07912026014

Email: jon.kille@btopenworld.com

UK Pilgrimage to Bonnevaux - 5-10 July

Arrangements for the first UK pilgrimage to France spending 5 nights at Bonnevaux are being finalised. Philip Kitchen is in discussion with Bonnevaux to agree the details.

The price is €155 per night excluding travel costs, together with a one off €10 membership fee imposed by the French authorities.

There are outline details online at <https://bonnevauxwccm.org/all-programmes/national-community-pilgrimage-uk/> which are liable to change.

We anticipate that there will be a good demand for places on this trip. There are 20 rooms available of which 4 are capable of serving as doubles. This would require people to pair up or indicate that they are willing to share.

We need firm expressions of interest to be received as soon as possible by email only to Philip at Bonnevaux-pak2022@gmail.com. Emails will be logged in order of receipt on that account and dealt with on a first come first served basis. A waiting list will be maintained on a similar basis in the event that people are not successful in securing a place at the initial booking.

Further details will be circulated to those expressing an interest as soon as available and updated on the UK and Bonnevaux website.

Philip Kitchen

A New Coordinator for The School of Meditation in the UK

Hi! My name is Joanne Caine and I have become the new Coordinator for the School of Meditation in the UK. I find this a wonderful opportunity for me and thank Julie Roberts and Liz Watson for their encouragement and support. Many years ago I had dreams of entering The Cenacle Order of Sisters, whose mission is to run retreats and like opportunities. It is with delight that I now find myself in a position to carry out a life long dream. I suppose my experiences as a teacher and headteacher, wife and mother are an essential part of the same journey. I enjoy much love and picked up a few techniques and some organisational skills along the way.

Julie handed on a well organised structure for enabling the UK community access to Essential Teaching Weekends and the School Silent Retreats. The complications of lockdown did not rock her enthusiasm and commitment and she managed to engage me in an online Essential Teaching Workshop and the first residential Essential Teaching Workshop after lockdown at The Briery, Ilkley in October. (Steve and David write their own review of this on page 6). Julie also left in place the plans for the Essential Teaching Workshop at St Columba's Woking in March 2022. I very much look forward to facilitating this with Liz Watson and learning from her extensive knowledge and wisdom. Carole Dixon and I will be in a position to offer an online Essential Teaching Workshop in May. It is great working with Ailsa, who so efficiently keeps us all organised with adverts, bookings, application forms, attending letters and all the enquiries.


For my part, I intend to go forward enabling Regional Coordinators to engage in the School of Meditation workshops and retreats as part of their own regional offering. I would love it for Regional Coordinators to approach The School of Meditation and for us to work together, bringing such offerings to your local community as you see fit. Please let me know what we can do together in your region, whilst also keeping these opportunities available to all.




For starters, we are planning the School Silent Retreat in Lancashire in September 2022, serving my own regional community as well as the whole national community. I don't mind that these events can take years to come about, so let's plan for your region in 2022 or 2023 or 2024. We could plan an ETW in one year followed by a School Silent Retreat the next in your region. Let us use the wisdom and opportunities available to us all, to allow the grace to be still in silence, and recognise the delightful root of our whole being (and doing).

Joanne Caine

School of Meditation
Essential Teaching Weekend





Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Weekend is a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

St Columba's House, Woking
11th to 13th March 2022

The style of the weekend is relaxed and informative. The comfortable accommodation is newly refurbished, offering ensuite facilities (see www.stcolumbashouse.org.uk). The UK community has enabled this subsidised cost, which includes all accommodation, meals, talks and resources.

Cost £175 per person

For more details, including information about bursaries and the application form, please email:
ailsa.adamson@gmail.com or call the UK office on 020 8280 2283

Registered office: The Lido Centre, 63 Mattock Lane, London, W13 9LA Registered Charity Number: 1189977

School of Meditation
The School's Silent Retreat





The School Retreat is a six day residential opportunity suitable for people who have begun to integrate the John Main tradition of meditation into daily life. Retreat leaders will assume that participants are familiar with the Essential Teaching of John Main as they lead you into seven periods of meditation each day. Supporting the periods of meditation are short talks, lectio divina and regular one to one opportunities to talk with the group leaders. The retreat offers the profound and integrated experience of solitude with fellowship. It is an opportunity to enter into the heart of the tradition taught by John Main.

Whalley Abbey, Whalley, Clitheroe BB7 9SS

Saturday 17th to Friday 23rd September 2022
Led by Alex Holmes and Joanne Caine

Whalley Abbey is set in stunning grounds amidst the ruins of a 14th Century Cistercian Abbey. It has been a place of prayer and retreat for over 800 years, on the banks of the River Calder in the heart of the beautiful Ribbles Valley.

Cost per person inclusive £630

Bursaries to help with the cost of attending this retreat are available. Please ask.

For an application form please email ailsa.adamson@gmail.com
Or call the UK office on 020 8280 2283

Registered office: The Lido Centre, 63 Mattock Lane, London, W13 9LA Registered Charity Number: 1189977

The Essential Teaching Workshop at The Briery, Ilkley - October 2021

To get into a car and drive 60 miles out of Manchester, having been confined to a few square miles for months, felt like being set free from a cage. We arrived in Ilkley on the Friday afternoon and somehow got into interesting discussions about the directions ours and others' Sat Nav's had taken us. Fourteen of us (12 participants and two co-ordinators) gathered in the Briery's comfortable surroundings to talk about and learn the history of Christian meditation, how the WCCM functions and the story of John Main; and to share meals and fellowship together in a safe space. We were all double-jabbed and had done our lateral flow tests, so the masks were off at last. After tea, we had our first session, concluding with some gentle exercise, led by Joanne and designed to lead us into our first meditation.

Because this was an essential teaching weekend, there was a lot of material to get through, and at times it did feel a bit crammed; but the information was very useful and the meditation sessions were very welcome. A short break on Saturday was also a good time to relax and take it all in. An interesting exercise was writing our own account of meditation with a particular audience in mind, then sharing it with a small group. This allowed us to articulate, sometimes for the first time, what the simple practice of the mantra meant to us, how it deepened our faith in ways we couldn't always put into words. On Sunday we had a short act of worship involving an agape meal which drew together the themes of the weekend. After lunch, we thanked the staff of the Briery and departed, looking forward to seeing each other in the future.

Following are our own personal reflections on the weekend:

David:

It was helpful to hear about the difficulties people had and how they dealt with them, especially the quotation: "I meditate twice a day except when I don't". This helped me to be more relaxed in my approach and in a way made meditation easier. The exercise of telling my own story helped me to reflect on my experience. Since the weekend I have felt more confident in my presentation of meditation. I have done a talk and led a meditation with some people with learning disabilities.

Steven:

After the course, I decided to take meditation more seriously. The atmosphere of openness, and the confession of difficulty among participants, meant I was able to be more honest with myself. I think my faith had become stale over lockdown, and possibly before. My mind had a tendency to drift during lockdown, like someone searching in a desert for water.

At the weekend I learnt a lot about the history of meditation, the story of John Main and the WCCM, and that was useful. However, I was finally able to get away and consider what I was doing in an atmosphere of non-judgemental quiet. This meant I began to remember what makes me Christian – an encounter with Jesus that had continued throughout my life. I think I met Jesus again in the atmosphere, the meditation, and even in the dining room among people I was meeting for the first time.

Steven Waling & David Jackman



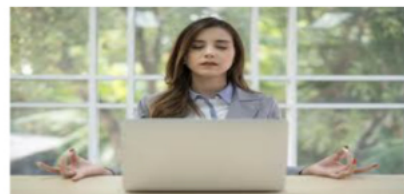
Do you have any questions about your meditation practice, or your spiritual life in general?

Meditation Companions are experienced WCCM meditators who are there for you to talk to, in confidence.

**Contact Bob Morley.
rgm1@live.co.uk
tel. 07704 419526.**



School of Meditation Essential Teaching Workshop (On-line)



Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Workshop online is a development from the Essential Teaching Weekend (Residential), which is also available. Through a Zoom link, teachers in the community will offer talks, group discussion, practical exercises and shared meditation online, to help you build the confidence to deepen your understanding and share the gift of meditation.

Zoom Link

Friday 6th May 7pm – 9pm

Saturday 7th May 10am – 12 noon & 1pm – 3pm

Saturday 14th May 10am – 12 noon & 1pm – 3pm

Saturday 21st May 10am – 12 noon & 1pm – 3pm

You will need to attend all sessions

The style of each session is relaxed and informative, with opportunities for you to develop and contribute your personal style of communicating this tradition.

Cost £30 per person

For more details and the application form, please email:

ailsa.adamson@gmail.com or call the UK office on 020 8280 2283

Registered office: The Lido Centre, 63 Mattock Lane, London, W13 9LA. Registered Charity Number: 1189977

Living with the Mystics: a study day organised by the Cumbrian community

'The Meaning of Mary Magdalene' by Cynthia Bourgeault

Mary Magdalene most likely came from the town of Magdala, a fishing town on the western shore of the Sea of Galilee in Roman Judaea. She was a woman who, according to the four canonical gospels, travelled with Jesus as one of his followers and was a witness to his crucifixion, burial and was the first to witness his resurrection.

For these reasons, Mary Magdalene is known in some Christian traditions as the "apostle to the apostles". Mary Magdalene is a central figure in other early Christian wisdom gospels, including the Gospel of Thomas, the Gospel of Philip, and the Gospel of Mary. These texts portray Mary Magdalene as an apostle, as Jesus' closest and most beloved disciple and the only one who truly understood his teachings.

The teachings of the Western Church, which became 'orthodox' as the official religion of the Roman Empire declared by the Emperor Constantine in 313, followed by ratification by his bishops at the Council of Nicaea in 325, excluded all but 4 of the many wisdom gospels extant at the time. Many of these gospels emphasised the importance of the feminine within the life of Jesus, in particular Mary Magdalene. Constantine only allowed the now well-known canon of 4 'official' gospels, and deemed these to be 'scripture'. In particular, these emphasised male superiority in discipleship and the apostles, and deliberately played down the roles of women. The 'wisdom' or 'gnostic' gospels were ordered to be destroyed by some bishops leading the infant church in the early centuries of Christianity. (But a few, and parts of many more, have been discovered over the last 200 years.)

The portrayal of Mary Magdalene as a prostitute began in 591 when Pope Gregory I decided that Mary Magdalene, Mary of Bethany and the unnamed "sinful woman" who anointed Jesus's feet, were the same person. Pope Gregory's Easter sermon resulted in a widespread belief that Mary Magdalene was a repentant prostitute or promiscuous woman. Then elaborate medieval legends from western Europe emerged which told exaggerated tales of Mary Magdalene's wealth and beauty, as well as of her alleged journey to southern France. The identification of Mary Magdalene with Mary of Bethany and the unnamed "sinful woman" was still a major controversy in the years leading up to the Reformation, and some Protestant leaders rejected it. During the Counter-Reformation, the Catholic church emphasised Mary Magdalene as a symbol of penance. In 1969, Pope Paul VI removed the identification of Mary Magdalene with Mary of Bethany and the "sinful woman" from the general Roman calendar, but the view of her as a former prostitute has persisted in popular culture.

Mary Magdalene is considered to be a saint by the Catholic, Eastern Orthodox, Anglican, and Lutheran churches. In 2016 Pope Francis referred to her as the "Apostle of the apostles". Other Protestant churches honour her as a heroine of the faith.

Cynthia Bourgeault's book *The Meaning of Mary Magdalene* seeks to discover the truth about her as an apostolic leader, the beloved of Jesus, and a teacher and spiritual master in her own right. She uses both the canonical gospels and the wisdom gospels (which are not contradictory

with regard to Mary Magdalene) of Thomas, Mary and Philip in particular. She also uses *The Cloud of Unknowing*, a book of wisdom and insight, by an anonymous English author in the 14th Century. Her studies, over many years, have suggested (*inter alia*) that:

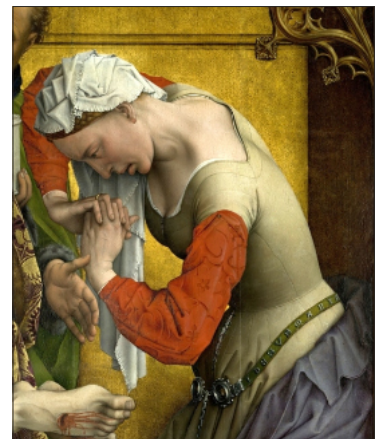
1. Jesus's disciples contained men and women on an equal footing
2. Mary is seen as 'first among the apostles' because she understands Jesus' wisdom teaching
3. Mary is in a special relationship with Jesus as his beloved companion (*koinonos*); they are 'spiritually aligned'
4. Jesus and Mary became *anthropos* or *ihidaya* (a fully completed human being), attaining a state of Oneness or 'singleness' (one Heart, one Being, one Will, one God, all in all)
5. The main characteristics of Jesus' teaching are Kenosis (self-emptying love), Abundance (Divine reality experienced as compassionate and infinitely generous), and Singleness (the state of inner One-ness).
6. Jesus and Mary taught the path of 'Conscious Love' (transformation of human love into the spiritual dimension). Agape (Transfigured love) = Eros x Kenosis. Loving your neighbour AS yourself. They practiced 'Substituted Love' – carrying another's burdens.
7. The total kenosis of Jesus' death of his mind and body, as the ultimate act of love, enables the transformative love between Jesus and Mary to enter a higher plane of consciousness – a new reality of imaginal love. This is the absolute certainty that the heart is in communion with the presence of the loved one (whether or not the presence is physical, intuitive, or visionary). This is the resurrection. 'The object of my affection has become the subject of my truth'.

A summary from Cynthia Bourgeault:

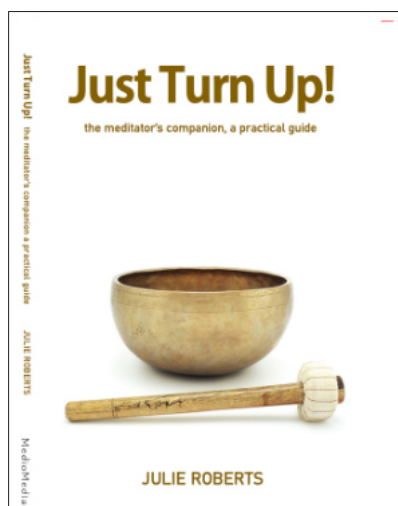
'The Risen Lord is indeed risen. Present, intimate, creative, "closer than your own heartbeat," accessed through your vulnerability, your capacity for intimacy. The imaginal realm is real, and through it you will never be separated from any one or anything you have ever loved, for love is the ground in which you live and move and have your being. This is the message that Mary Magdalene has perennially to bring. This is the message we most need to hear.'

Bob Morley

Picture: Mary Magdalene weeping at the crucifixion of Jesus, as portrayed in *The Descent from the Cross* (c. 1435) by the Flemish artist Rogier van der Weyden (Wikimedia).



Just Turn Up! the meditators companion, a practical guide



The idea of writing a book about meditation came about around 5 years ago at a WCCM South West retreat weekend when participants were asked if they had any questions and they did! The questions were wide-ranging covering many aspects of the practice, but some were very specific focusing on small detail which were clearly important to

those asking. I asked if anyone knew the Nike slogan, and there were a few smiles as I said "Just Do It!"

While the retreat weekend provided the catalyst, *Just Turn Up! the meditators companion, a practical guide* is a reflection of my journey, the people I have met and conversations along the way over the last 18 years. It is written by a meditator for meditators. I started writing by jotting down incidents, conversations and challenges that I could remember but didn't want to write a book of questions and answers. I wanted it to feel like the reader had a personal companion. Hence the creation of a fictional character who begins the 6 week introductory course full of expectation of a calm and peaceful life only to find that meditation, while it is simple, isn't easy.

The purpose of the book is to encourage people to keep going with their meditation practice despite life's challenges and to realise that we have many common struggles and sometimes roadblocks and these are part of the journey. This is what companions on a journey do - they share their troubles and help and support each other

to keep going, hence the subtitle 'the meditators companion, a practical guide'. No matter where you are on the journey of meditation, I hope you will find this book interesting and recognisable.

Thanks are due to many people for bringing 'Just Turn Up!' to publication- the draft readers, Fr Laurence who wrote the foreword and asked Medio Media to take it forward, to Meditatio for their encouragement and to the Trustees of the WCCM in the UK who supported the printing. 'Just Turn Up!' has been gifted to the WCCM as a resource, which means that 100% of the sale proceeds will be returned to funds, so please feel free to share the details widely!

'Just Turn Up!' costs £6.50 if you can collect a copy from the Meditatio Centre in London or £8.99 including postage - contact Kate at meditatio@wccm.org or Roisin at UK@wccm.org. Full details are on the Medio Media website <https://mediomedia.com/collections/recent-titles/products/mtjst2> where you can also purchase an ebook.

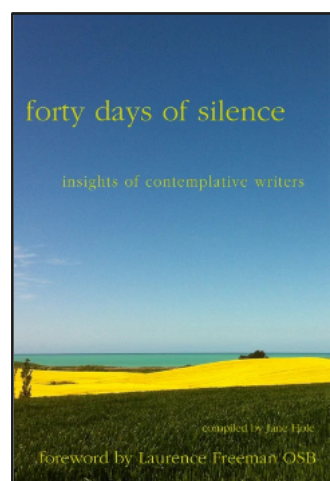
Here are some comments from several readers:

"I was taken with the clarity and simplicity with which you presented meditation - very encouraging to beginners and long term meditators alike". - Margaret Morris

"What a great little book Julie, thank you, have just finished it! It will be such a useful companion for our contemplative journey". - Anita Finnigan

...Just Turn Up! is a perfect companion to meditation. All of us find we have difficulties with beginning and continuing our daily practice. Julie's book accompanies us through those hurdles. If we have the calling to meditate the grace to do so is also given. But sometime we need 'a little bit of help along the way.' Just Turn Up! provides exactly this, and reminds us that we just have to turn up in meditation and the grace is given". - Stefan Reynolds

Julie Roberts



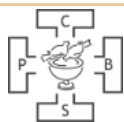
Forty Days of Silence - Insights of Contemplative Writers

Compiled by Jane Hole from the New Zealand Community for Christian Meditation with foreword by Laurence Freeman

Forty Days of Silence is designed as an occasional companion for meditators in their quiet times, or perhaps when on retreat. The quotations may also be found suitable as short teachings for groups.

It is made up of 40 short chapters, and so may also be found useful for daily readings during Lent. The last page of each chapter is a blank sheet, allowing the eye and mind a rest from the printed word, and giving the reader a place to record their own reflections if they wish. In his foreword, Fr Laurence Freeman commented: 'for friends old and new, the spring of silence which Jane opens in this book will be refreshing and welcome'.

Forty Days of Silence is available as an ebook from Medio Media, mediomedia.com



Monastics in the World – WCCM Oblate Community

Meditation creates community. Meditators who experience personal transformation through a daily practice seek to express this in ways suitable to their own path. Oblation is one of these.

The World Community is ecumenical and the Oblate community specially reflects this. However, the WCCM as a whole acknowledges a special relationship to the Benedictine tradition which was the first in the western Church to form a stable form of inclusive religious life and, in succeeding generations, has always adapted to the needs and circumstances of the age. Oblates live out their oblation in

OBLATE EVENTS

Annual UK Oblate Weekend: Saturday 15 and Sunday 16 October at The Monastery of Christ Our Saviour, Turvey, Bedfordshire. Further information to follow. Please contact: Angela Gregson: rydal2814@yahoo.co.uk 01706 563 024 or text Oblates 07792 083 942.

Quarterly Community Days: 5 March Hybrid Meeting, in person at St. Marks, London 10.30 for 11.00 start - 4pm; 20-22 May at The Briery, Ilkley; 23 July at St. Marks, London. Contact Angela Gregson (UKOC) rydal2814@yahoo.co.uk to book.

Benedict's Well - weekly online Oblate led prayer session and talk. Mondays at 9am. Contact: Julia Williamson julia.williamson78@gmail.com

a spirit of 'obedience, stability and conversion' and promise 'to share always in the life and work of our Community'.

The basic element of the Oblate Community, is the 'cell'. This word has a long monastic tradition referring originally to the monk's cave or room. With us it is used to describe presence not only physical space. The cell meets with regularity, to meditate, to share the Word, to consider their ways of sharing in the work of the wider community and where time allows share a meal together. All are welcome.

International Oblate Coordinator: Eileen Dutt 07721-574767 or eduttobl@christianmeditation.org.uk

WCCM Oblate cell meetings

Cambridge: Contact oblates@wccm.uk for new cell contact.

North London: Meets at Christ the King Church, Cockfosters. Contact: Philomena Phillips philomenaphillips51@hotmail.co.uk or on 07970-971674

Berkshire: Online Zoom meeting on the last Wednesday of each month from 14.15 - 15.45. Contact: Angela Greenwood angelagreenwood@hotmail.com 01344-774254

Northern Cell (Leeds): Saturday 2 April 1-3pm online Saturday 30 April 1-3pm online. Contact: Angela Gregson for details at rydal2814@yahoo.co.uk or on 01706-563024.

UK Led Online Oblate Cell Meetings: Sundays - 10 April 11-12.30 & 8 May 11-12.30. Wednesdays - 23 March 19.30-21.00 & 20 April 19.30-21.00 Contact Angela Gregson rydal2814@yahoo.co.uk for more information

Short reflection on my journey since starting to meditate

Not long after I discovered WCCM, on a Tai Chi and Christian Meditation weekend at Ampleforth Abbey, and started meditating, I formed a group within the church I attend.

I attended an Essential Teaching Weekend, and later a week-long retreat, which I found strengthened my practice and deepened my commitment, although afterwards I gradually slipped back into a once-daily meditation time. On reflection, this was because my times for meditating were ad hoc, particularly in the evening when I allowed other things to get in the way.

I have attended most of the Annual Conferences, and have met, and learned from, many wonderful people.

I was drawn to WCCM initially by John Main's own learning from the wisdom of Eastern as well as Western traditions. He was talking about the God that was in my own heart.

I soon felt that I belonged with WCCM, and spoke with one of the Oblates at one of the conferences. It wasn't until several years later that I officially became a seeker, and I realised that I needed in my heart to firstly make a firm commitment to twice-daily meditation. I have been helped to achieve this by the on-line meditation group, and it is now a part of the daily rhythm for me.

I became a Postulant online in January 2021, and was received as a Novice in October at Turvey Abbey.

Regarding John Main's comment that "The experience of commitment is expansion, it is not about constraint": for me, this experience continues to bring growth and depth to my life. Not only to my spiritual life, but to my day-to-day living. I am becoming more grateful, more loving, more tolerant.

The commitment expands my experience of God, not as an external being, but as living within me. The meditation, and reflections throughout the day, connect me with God and God's world.

By living as best I can by the Rule of Benedict, I am more rooted, held safe, encouraged to grow in love and humility; free to be the person God wants me to be.

I had felt constrained by the Church's attitude towards other faiths, and its failure (in my experience) to acknowledge any wisdom within them. I now feel more fully alive to God, and can worship more authentically.

Vivien Proctor-Parr (September 2021)

Events continue to be subject to COVID-19 restrictions and may change or be cancelled at short notice. Contact the organiser(s) for the latest information.

Events from late February. Please visit the WCCM in the UK website for more details and to check for changes and additional events: //wccm.uk/events

NATIONAL

Friday 17 June to Sunday 19 June. Annual Conference – Touch the Earth Lightly.

Leaders: Fr Laurence Freeman & James Thornton. **Venue:** High Leigh Conference Centre, Hoddesdon, Hertfordshire. A leaflet with details and booking information is included and available on the UK website.

Tuesday 5 July to Sunday 10 July. UK Pilgrimage to Bonnevaux – Pleroma or the Fullness of Being. Leader: Fr Laurence Freeman. **Venue:** Abbeye de Bonnevaux Retreat Centre. **Cost:** £155 per night. **Application by email:** Philip Kitchen Bonnevauxpak2022@gmail.com

School of Meditation Events

Contact: Ailsa Adamson ailsa.adamson@gmail.com or phone UK office: 020 8280 2283.

Essential Teaching Online. Next is 6, 7, 14 & 21 May. See page 6 for details. Please register your interest with Ailsa.

Friday 11 to Sunday 13 March 2022. Essential Teaching Weekend. Venue: Saint Columba's House, Woking, Surrey. **Contact:** Details are on page 5. Email Ailsa for information and an application form.

Saturday 17 to Friday 23 September. The School of Meditation Silent Retreat. Venue: Whalley Abbey, Clitheroe BB7 9SS. **Contact:** Details are on page 5. Email Ailsa for information and an application form.

NORTH EAST ENGLAND

Wednesday 9 March Embodied Contemplatives – Christian Meditation and Tai Chi Workshop. Venue: Ampleforth Abbey, near York YO62 4EN. www.ampleforth.org.uk. **Contact:** 01439766486; pastoral@ampleforth.org.uk

Wednesday 4 May Embodied Contemplatives – Christian Meditation and Tai Chi Workshop. Ampleforth Abbey - details as above.

Tuesday 21 to Wednesday 22 June. The Joy of encounter – a Meditatio gathering. Leader: Laurence Freeman OSB, Terry Doyle, Methodist Asylum Project Middlesborough and the community at Ampleforth. **Venue:** Ampleforth Abbey, near York YO62 4EN. **Contact:** meditation@wccm.org

Monday 11 to Thursday 14 July Christian Meditation and Tai Chi Retreat. Ampleforth Abbey - details as above.

Friday 9 to Sunday 11 September Christian Meditation and Tai Chi Retreat. Venue: Minsteracres Retreat Centre, Minsteracres, Consett DH8 9RT www.minsteracres.org. **Contact:** 01434 673248

Friday 16 to Sunday 18 September Silent Meditation Retreat. Ampleforth Abbey - details as above.

Friday 7 to Sunday 9 October Christian Meditation and Tai Chi Retreat. Ampleforth Abbey - details as above.

NORTH WEST ENGLAND

Friday 25 to Sunday, 27 March. Lent Retreat at Whalley Abbey. Leader: Alex Holmes **Venue:** Whalley Abbey, The Sands, Whalley, Clitheroe BB7 9SS **Cost:** suggested donation £180 (two days full board) **Contact:** Cameron Butland: cda03@gmail.com

Repeating event:

Saturday 26 March and every last Saturday of each Month. Manchester Meditates – A day of gathering, meditation and peace in the city centre. Leaders: Pat Higgins and Joanne Caine. **Venue:** The Friends' Meeting House, 6 Mount Street, Manchester M2 5NS (opposite the Central Library, nearest metrolink St Peter's Square). **Cost:** Donations accepted. **Contact:** patricia_higgins@hotmail.com or joannecaine2@gmail.com

MIDLANDS

Monday 25 to Friday 29 July 2022. Summer Retreat July 2022. See page 4 for details. **Leader:** Jon Kille. **Venue:** Shallowford House, Staffordshire. **Cost:** approx £300 per person (to be finalised). **Contact:** John Kille 07912 026014 jon.kille@btopenworld.com

SOUTH WEST ENGLAND

Thursday 21 (eve) to Sunday 24 July (lunch time). WCCM South West Silent Retreat. Venue: Greenhouse Christian Centre, 17 Burton Road, Poole, Dorset BH13 6DT

Thursday 22 (eve) to Sunday 25 September (Lunch time). WCCM South West Contemplation and Community Weekend Retreat. Venue: Ammerdown Centre Radstock Somerset BA3 5SW **Contact:** bar_demi@hotmail.co.uk; simon@southtorfreyfarm.com

Repeating events:

Mondays 18:30-19:00. Meditation on Zoom with the Ilminster group. Contact: Lucy Blows lucystepslane@gmail.com for an invitation

SOUTH EAST ENGLAND

Friday 6 to Sunday 8 May. Silent. Stillness. Simplicity. Silent retreat. Leader: Brijji Waterfield. **Venue:** House of Prayer, East Molesey KT8 0PB. **Cost:** £180. **Contact:** admin@christian-retreat.org

LONDON

Wednesdays 19:00-20:15. Addiction and Grace Meditation Group. Venue: Kairos Centre, Mount Angelus Road, Roehampton, London SW15 4JA. **Contact:** May Nicol maymbnicol@aol.com 07768 310666

MEDITATIO CENTRE St Marks Church, Myddelton Sq London EC1R 1XX Contact: 020 7278 2070 meditatio@wccm.org www.meditatiocentrelondon.org

Repeating events (venue The Meditatio Centre and contact meditatio@wccm.org):

Monday – Friday 13:00-13:30. Meditation in person

Every Monday 19:00-19:00. Meditation in person

Every Wednesday 13:00 – 13:30. Meditation in person and online. Link to join: <https://bit.ly/wedmed> Meeting ID: 452 619 517 Passcode: 300137

Yoga and Meditation. Leader: Lucy Barnes. **Contact:** lucybarnesyoga@icloud.com (for cost and information)

Term dates: Spring: 10 January to 4 April (half term 14-18 April) / Summer: 20 April to 18 July (half term 30 May – 3 June) / Autumn: 12 September to 14 December (half term 24-28 October)

Every Monday 19:00 – 21:00 in person. Meditation followed by Yoga

Every Wednesday 9:45-11:00 online

Every Friday 10:00-12:00 in person Yoga followed by Meditation at 11:30

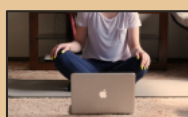
Single events:

Wednesday 2 March 19:00 – 20:30. Christian Meditation a six week introductory course. Leaders: Members of WCCM. **Cost:** free (suggested donation £5 per session of £25 for the course)

Thursday 3 March 18:00-19:00 (and every first Thursday of each month). An Introduction to Meditation in the Christian Tradition.

Saturday 5 March 10:30-16:30 Being an oblate of the WCCM. Contact: oblates@wccm.uk

FIND A VIRTUAL MEDITATION GROUP.



If you'd rather meet virtually, you can easily find an online group organised by members of the WCCM with whom to share your practice. Visit www.onlinemeditationwccm.org for details (or see *Community* on the wccm.org home page).

Events continued

MEDITATIO CENTRE (CONTINUED)

Wednesday 9 March 19.00 – 20.30. Christian Meditation a six week introductory course. Leaders: Members of WCCM. Cost: free (suggested donation £5 per session of £25 for the course)

Saturday 12 March 10:30 – 16:30. Jesus and the Yoga of Wisdom. Leader: Rev Ian Spencer. Cost: £30 Concessions £20

Wednesday 16 March 18:30 – 21:00. Sacred Earth Sacred Soul. Leader: John Philip Newell. Cost: £15 Concessions/online £10

Wednesday 23 March 19.00 – 20:30. Christian Meditation a six week introductory course. Leaders: Members of WCCM. Cost: free (suggested donation £5 per session of £25 for the course)

Saturday 26 March 10:30 – 16:00. (Centre and online). Imagine there's a heaven (it's easy if you try). Leader: Gemma Simmonds. Cost: £30 Concessions/online £20

Wednesday 30 March 19.00 – 20:30. Christian Meditation a six week introductory course. Leaders: Members of WCCM. Cost: free (suggested donation £5 per session of £25 for the course)

Wednesday 6 April 19.00 – 20:30 Christian Meditation a six week introductory course Leaders: Members of WCCM Cost: free (suggested donation £5 per session of £25 for the course)

Thursday 7 April 18:00-19:00 (and every first Thursday of each month). An Introduction to Meditation in the Christian Tradition.

Saturday 9 April 13:00 – 19:00 (online only). Contemplative Reflections: Homing as Flowing. Leader: Mark Burrows and Hayley Matthews. Cost: £30 per session or £80 for all 3 Concessions/Online £20 per session or £50 for all 3.

Wednesday 13 April 18:30 – 21:00. Christian Meditation a six week introductory course. Leaders: Members of WCCM. Cost: free (suggested donation £5 per session of £25 for the course)

Saturday 23 April 10:30 – 16:00 (Centre and online). Zenedictine! The spirit of Zen and the rule of Benedict. Leader: Jim Green. Cost: £30 Concessions/online £20

Wednesday 27 April 19:00 – 21:00 Film showing: Albatross. Director: Chris Jordan

Saturday 30 April 10:30 – 16:00 (Centre and online). Living Prayer. Leader: Jill Bennet. Cost: £30 Concessions/online £20

Thursday 5 May 18:00-19:00 (and every first Thursday of each month). An Introduction to Meditation in the Christian Tradition.

Saturday 14 May 13:00 – 19:00 00 (Centre and online). Contemplative Reflections: Homing as Belonging. Leader: Mark Burrows and Hayley Matthews. Cost: £30 per session or £80 for all 3 Concessions/Online £20 per session or £50 for all 3.

Wednesday 25 May 19.00 – 20:30 (online only). Thou art Thou: Some implications of oneness/interbeing. Leader: George Wilson. Cost: £15 Concessions £10

SILENCE IN THE CITY See www.silenceinthecity.org.uk for the programme. Unless stated otherwise all talks are at: Westminster Cathedral Hall, London SW1P 1QH. **Contact:** 020-7252-2453 info@silenceinthecity.org.uk Pre-booking is necessary.



See online the range of books, talks, and DVDs
WCCM in the UK Distributors

- Resources for schools and churches
- Sale or return book-packs for events

Goodnews Books

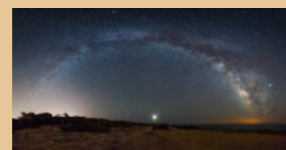
St John's Church Complex
296 Sundon Park Road Luton
Bedfordshire LU3 3AL

01582 571011
orders@goodnewsbooks.co.uk
www.goodnewsbooks.co.uk

WCCM Online Events in 2022

UNIFIED CONSCIOUSNESS SERIES

22 March: Prof Darwin Absari
5 April: Cynthia Bourgeault
17 May: Rupert Sheldrake
26 July: Herman van Rompuy



SEEING WHAT PAUL SAW

with Fr Laurence Freeman
28 March: Paul - a contradiction like us
9 May: A way of faith
4 July: The old self and the new self
28 November: The all inclusive Christ



SPEAKER SERIES

Information about the 2022 Speaker Series
will be available soon on wccm.org



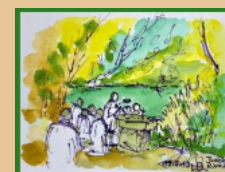
CONTEMPLATING EARTH WITH JIM GREEN

An online course on a contemplative response to climate emergency



PILGRIMAGES IN 2022

5-10 July: UK Pilgrimage to Bonnevaux
18-19 October: Contemplative Marian
Pilgrimage to Fatima, Lourdes and
Bonnevaux



Live Webcasts on Zoom

RECORDINGS AVAILABLE ON WCCM YOUTUBE CHANNEL

CONTEMPLATIVE EUCHARIST: Each Sunday at 11am

MEDITATION SESSION: Each Thursday at 11.15 am

YOGA CLASS: Each Tuesday at 3.45 pm

DETAILS OF ALL THESE EVENTS ARE AVAILABLE ON THE WCCM WEBSITE WCCM.ORG

LOOK FOR 'EVENTS' OR 'LIVE' ON THE MAIN MENU.

Keeping In Touch

If you would like to ...

- Receive Meditation News by email or post
- Find out about meditation groups in your local area
- Find out about the Lone Meditator Network

Visit: www.wccm.uk

Email: uk@wccm.org or Phone: 020 8280 2283

Or contact:

WCCM in the UK,

Lido Centre, 63 Mattock Lane, London, W13 9LA

UK OFFICE

WCCM in the UK – Registered Charity No. 1189977 & **The Christian Meditation Trust (UK)** – Registered Charity No. 1101900.

📍 Lido Centre, 63 Mattock Lane, London W13 9LA 📞 020 8280 2283 ✉ uk@wccm.org 🌐 www.wccm.uk

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Meditation With Children in Schools: Contact UK Office

Oblates: oblates@wccm.uk

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bentickbelinda@hotmail.com

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margaret.comerford@btinternet.com

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London (Northwest): Contact UK Office

London (South–none of Kent or Surrey): Contact UK Office